

## Supporting Care

**Care** and the work of the Rheumatology Research Unit depend entirely on donated income. Much of this is in the form of grants for specific projects and comes from Foundations like the Arthritis Research Campaign. Without these big grants none of the research would be possible. But we need additional money and support which individual friends and small groups can give. Gifts come in many forms and all are very much appreciated. They can be:

- Gifts by cash, gift aid or cheque made payable to **Care**
- Walk for CARE on Saturday 19<sup>th</sup> May
- Sponsorship of Edward Perrott in the London Marathon
- By a legacy to **Care** in your will

Or support can be given in other ways:

- Finding locations for one or two **Care** collecting boxes.
- Gathering a small group of friends and arranging an event like a coffee morning, cake stall, bingo session or ..... for **Care**.
- Putting the **Care Times** into the hands of a club Chairman, your employer, a Company Director or Trust member.
- Suggesting **Care** for support by the staff where you work.

Please use the slip below to obtain more information on any of these:

To: Sheila Smith **Care** Rheumatology Research Unit, Box 194,  
Unit E6, Addenbrooke's Hospital, Cambridge CB2 0QQ  
Tel: 01223 217457 Email: [sheila.smith@addenbrookes.nhs.uk](mailto:sheila.smith@addenbrookes.nhs.uk)

From \_\_\_\_\_

Address \_\_\_\_\_

Post Code: \_\_\_\_\_ Telephone: \_\_\_\_\_

Please send me information on:

*The CARE Walk*  *Sponsoring the marathon*

*Considering a Legacy to Care*  *A CARE collecting box*

*I am a UK taxpayer (eligible for Gift Aid) Y/N*

**Care** is a registered Charity, number 802862, and exists to support patient care and research in rheumatic diseases in the region around Cambridge. It shares offices with the Rheumatology Research Unit.

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[www.cambridge-arthritis.org.uk](http://www.cambridge-arthritis.org.uk)

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SUPPORTING PATIENT CARE AND RESEARCH IN RHEUMATIC DISEASES

Contact Sheila Smith 01223 217457  
or sheila.smith@addenbrookes.nhs.uk

## DR BRIAN HAZLEMAN

**1066 1815 1914 1939** These will be insignificant dates compared with 2007 - the year of the retirement of Brian from Addenbrooke's. BB



– Before Brian – there was no service in Cambridge that one would recognise as a Rheumatology service. Brian was appointed Consultant at Addenbrooke's in 1973 after postgraduate training at the London Hospital (now Royal London) and in Oxford. Not only did he build a first rate clinical service reflecting his own diverse great strengths in inflammatory joint and connective tissue diseases, polymyalgia rheumatica/giant cell arteritis, soft tissue rheumatism and paediatric rheumatology, he also founded the Rheumatology Research Unit which combined a huge programme of clinical research with a very active laboratory-based basic research programme.

To expand on the clinical research work: Brian has always attracted young and enthusiastic clinicians from the UK and abroad, and especially Australia and New Zealand. To mention individuals is invidious but to relate a few examples: Jerry Jones and Val Kyle with Brian almost defined what PMR/GCA are, and developed ordered treatment programmes out of chaos. More recently Andrew Ostor was recruited to inspire programmes of clinical research on anti TNF drugs and Andrew will lead our clinical research after Brian's retirement.

Rheumatology had more or less ignored soft tissue rheumatism before Brian's contribution to, for example, shoulder pain research over three or four decades. Successive young rheumatologists described and defined clinical patterns of disease and their treatment under his leadership.

Brian was not content just to research at the clinical level. He built a strong collaboration with basic scientists, notably John Dingle at Strangeways Laboratory, and then developed his own laboratory at

Addenbrooke's with Tim Cawston. Enormous advances were made in biology of joint failure and the Rheumatology Research Unit rapidly developed an international reputation for its work on collagenase and its inhibitors. Following Tim Cawston's move to a Professorship in Newcastle, Graham Riley ran with the baton and has made a crucial contribution to tendon biology and pathology. In my opinion, one of the greatest compliments that we can make to Brian is that he has achieved all of this from an NHS Consultant post rather than a University Professorship, although he amply deserved one.

Brian Hazleman has been one of the most remarkable rheumatologists of his generation. His profile and distinction among his peers was rewarded by his Presidency of the British Society for Rheumatology (1998-2000). Brian now retires from a large and harmonious team of 6 NHS consultants, an Associate Specialist and a Professor with Senior Lecturer as well as an even larger team of scientists, specialist registrars and administrative staff. He will be irreplaceable.

In 1990, Brian established CARE to support Rheumatology Research in Cambridge and this vision has been well rewarded with the volume and quality of research so generated. The Trustees of CARE have decided to raise funds for the 'Brian Hazleman Fellowship' which we hope will support a young rheumatology researcher to carry on the good work. We shall mark Brian's retirement on Tuesday 26<sup>th</sup> June 2007 with an expanded East Anglian Rheumatology Society meeting at the Genome Centre at Hinxton Hall.

### CARE AUTUMN EVENT - NSAIDS- Friend or Foe?

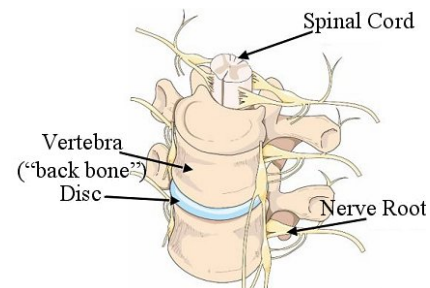
This marked an exciting new venture for CARE – the organisation of annual educational and social events, based around a topic of broad interest to CARE members. It was held at Churchill College on 7<sup>th</sup> November. Mr Hesketh chaired the event, which was attended by 120 people. Dr Hall provided a brief overview of the aims of CARE and Dr Andrew Ostor provided the main entertainment with an overview of non-steroidal anti-inflammatory drugs, their risks and their benefits. It was a highly entertaining talk, and the number and range of questions from the audience demonstrated the level of interest. Lively discussion followed during the buffet and several suggestions have been made for future topics including: Cambridge Rheumatology Research; Heart attacks strokes and arthritis; The badly designed Back: An owners guide.

Contact us if you have any other suggestions for future events.

### NEW on the CARE Website

#### BACK PAIN pages

<http://www.cambridge-arthritis.org.uk/pain.php>

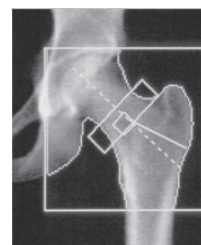


Information and links to resources to help with self-management. These excellent pages were compiled by clinical students Steve Bishop and David Stokes, with help from members of the

Department.

### OSTEOPOROSIS pages

<http://www.cambridge-arthritis.org.uk/osteoporosis.php>



These pages include information, including sections on:

What is osteoporosis?

Diagnosis and monitoring

Treatment, including self-help

Resources.

These pages were prepared by clinical student, Suzie McRitchie, with help from

members of the department.

Coming soon ... new pages on SYSTEMIC SCLEROSIS and INFLAMMATORY MUSCLE DISEASES.

### Rheumatology Department Staff

**Consultants:** Professor Gaston, Dr Hazleman, Dr Crisp, Dr Jenner, Dr Hall, Dr Ostor, Dr Lillicrap **Specialist Practitioner:** Dr Silverman  
**Rheumatology Registrars:** Dr Poole, Dr Ginawi **Honoary Registrar:** Dr Binks **Research Team Leaders:** Dr Riley, Dr Corps, Dr Jones **Research Fellows:** Dr Goodall, Dr Busch **Post-Doc Scientists:** Dr Jarvis, Dr Bryson, Dr Duggleby, Dr Zhang **PhD Students:** Miss Kaur, Miss Wakeford **Senior Research Technicians:** Mrs Curry, Mrs Ellis, Mr Bacon **Graduate Scientists:** Miss Harrall **Visiting Scientist:** Dr Baek **Exercise Physiology Technician:** Mr Sparsis **Research Manager:** Mrs Smith **Research Nurses:** Ms Robinson, Mrs Drayton, Ms Furlong, Mrs Wyber, Mrs Woolverton, Mrs Raut-Roy, Mrs Francis **Specialist Nurse Practitioners:** Mrs Skingle, Mrs Isaacson, Mrs Bloxham, Mrs Owen **Academic Secretary:** Mrs Mould **Rheumatology Secretaries:** Mrs Phillips, Mrs Perman, Ms Joyce, Mrs Jones **Sports Injury Secretary:** Mrs Mountford

## THANK YOU!

**Collecting Boxes - 'THANK YOU'** to all those who are still holding CARE collecting boxes and also to those who are new holders.

### 1940's War Time Dance



The Rheumatology Units chief physicians assistant Lucy Woor organised a wonderful evening in September in order to raise funds for CARE and lupus research in particular and the Fulbourn British Legion. The theme was a 1940's War time dance and Lucy and her friends certainly looked the part in their authentic costumes. This was

a great evening enjoyed by all especially with the music supplied by a war time band. In all £1000 was raised on the night, a splendid achievement. £480 of this was donated to CARE.

Our thanks go to the Lions Club who raised £1,100 for us in 2005



We would like to take this opportunity to thank Dennis and Margaret Parr (Friends of Rheumatology Research) for their tremendous efforts over the last 20 years in which they have raised a grand total of **£31,197.37p**. Congratulations on such a fantastic effort and thank you. We all wish you well in your retirement.

Thank you to everyone else who has raised or donated funds in the last year and to those who have helped with teaching clinical students and those who participated in the clinical examinations. These activities are so important for ensuring a high standard of Rheumatology education for our future doctors. Thank you also to those who have helped with the production of pages for the CARE website.



### MARATHON MAN

Edward Perrott of Taylor Vinters is one of the original CARE Trustees. We are delighted that he has managed to secure a place in the **London Marathon** on 22<sup>nd</sup> April 2007 and he will be running for CARE. His knees have been given a clean bill of health for the event by Dr Brian Hazleman! We are immensely grateful for Edward's time and enthusiasm. Please help to make this a success by supporting him in his great endeavour, either by returning the form at the end of the CARE times or by contacting Sheila.

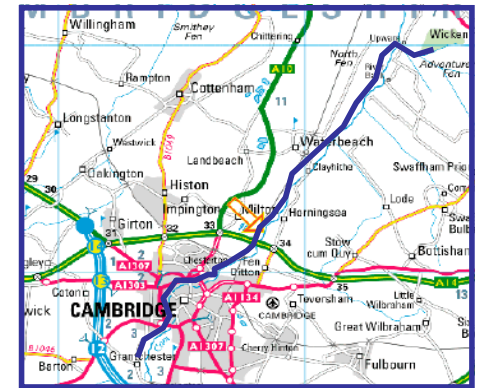
### WALK IF YOU CARE ABOUT ARTHRITIS!

**Saturday 19<sup>th</sup> May 2007.**

This is the first event of its kind run by CARE and we hope that it will not only be great fun but that it will raise funds to support the **Brian Hazleman Research Fellowship**.

We need WALKERS and SPONSORS!

Several members of the Rheumatology Department will be walking the whole route (about 14 miles), following the course of the scenic River Cam. We would be delighted if patients, relatives and friends will join in for the final 1-2 miles finishing at Grantchester Meadows. This will not only make for a great atmosphere but will greatly contribute to the fundraising effort. Please contact Sheila if you would like more information.



### CLINICAL RESEARCH

The Rheumatology Research Unit has grown from strength to strength over the year with a record number of clinical trials in progress. This is chiefly due to the hard work of the diligent research nurses (Caroline Robinson, Liz Wyber, Tracey Drayton, and Anita Furlong) and Dr Annabel Kuek our research fellow. This has allowed us to remain at the forefront of research to deliver cutting edge medications to patients. Due to this

situation both other Rheumatology Units and the pharmaceutical industry wish to know 'how we do it'!

As in previous years the area which sees the greatest interest is Rheumatoid Arthritis however trials are also being carried out in Ankylosing Spondylitis and Psoriatic Arthritis. It is truly wonderful to see patients respond to some medications when they have not responded to anything else.

Another large important study spear-headed by Dr Frances Hall is investigating an anti-hypertensive medication in Rheumatoid Arthritis. This has particular relevance in that we now know that there is an increased risk of cardio-vascular disease in patients with inflammatory arthritis.

Unfortunately all good things come to an end and I regret to say that Dr Annabel Kuek has recently left us to pursue a career in Radiology in Australia. Annabel has been invaluable and will be greatly missed. Her replacement will have a tough act to follow.

The Unit could not exist without the funding from CARE and for this we are forever indebted.

## TRALIS

A clinical Trial in RA of Lisinopril (TRALIS) is being run by Dr Frances Hall and other members of the Rheumatology Research Unit.

Lisinopril is commonly used to treat high blood pressure and heart failure. TRALIS is designed to investigate preliminary data that lisinopril may be used to decrease joint inflammation and improved cardiovascular health in patients with rheumatoid arthritis. Several Centres in East Anglia and the South East are participating in TRALIS (Norwich, Huntingdon, Ipswich, Peterborough, Goodmayes, Haroldwood, Hemel/St. Alban's) and recruitment is progressing steadily. More information about TRALIS can be found on our website (<http://www.cambridge-arthritis.org.uk/tralishome.php>). If you would like further information, or if you do not have web access, you can contact the TRALIS team via Sheila on 01223 217457.

### **Anti-TNF Agents may reduce risk of cardiovascular disease in patients with RA by reducing inflammation.**

Dr Wilkinson and Ms Maki-Petaja (Clinical Pharmacology) in collaboration with Dr Frances Hall (Rheumatology) have studied the effect of anti-TNF agents on aortic stiffness, which itself is recognised as a risk factor for vascular diseases, such as heart attacks and strokes. Patients with RA have increased aortic stiffness. This appears to be related to the degree of RA disease activity and the aortic stiffness is reduced following anti-TNF treatment. This may, in turn, translate into a reduced risk of future

vascular disease but further studies are required to clarify this. (Maki-Petaja, Hall, Booth et al Circulation 2006: 114: 1185-1192).

## **BASIC SCIENCE RESEARCH**

Rheumatology research in Cambridge has an international dimension at present with the visit of two medical researchers, Dr. Han-Joo Baek from S. Korea and Dr. Libin Zhang from Shanghai. Both are spending 1-2 years in Prof. Gaston's lab looking at some of the immunological abnormalities associated with ankylosing spondylitis. As well as the results from their laboratory research, they provide us with interesting insights into differences in the way in which arthritis is treated in their countries. An ongoing relationship with the Department of Rheumatology in one of the main medical schools in Shanghai has been established, partly through a grant from the Royal Society, so we hope to welcome further visitors from China over the next 2-3 years.

Dr Robert Busch has recently joined Frances Hall's research group as the Stanley Elmore Fellow. He is investigating the possible use of endothelial-derived microparticles (particles from the lining of blood vessels) as clinical tests of the health of blood vessels. This is particularly important, since inflammatory disease such as SLE and RA are associated with an increased risk of cardiovascular disease. A method of checking the "health and happiness" of blood vessels with a simple blood test would be most useful.

Dr Christine Bryson in the Hall group is also working with SLE patients and is studying abnormalities of a group of immune cells called T cells, which are important for driving autoimmune disease.

### **Soft Tissue Research Group**

2006 was a highly successful year our group. We obtained several large grants from charities such as the Arthritis Research Campaign and Action Medical Research. This money has helped us to buy important new items of equipment, such as a low temperature freezer that was needed for the storage of precious specimens and other materials, and a new machine to enable us to measure changes in gene expression in patient tissues, which is now an important part of our research. These grants, together with money from CARE, have been used to support an internationally recognised research group. We organised a research meeting held at Queens' College, Cambridge, which was attended by scientists from the UK, Europe, USA and Australia. Our work has been published in major journals such as Arthritis and Rheumatism, and presented at national and international research meetings. CARE has been fundamental to our success, and we take this opportunity to thank you for your support over the years.